

Destination Guide for Italy

Overview

Destination Risk Levels

- Low Medical Risk for Italy
- Low Travel Risk for Italy

Standing Travel Advice

- Travel to Italy can continue with standard security precautions.
- Take sensible precautions against petty and street crime, particularly in crowded and tourist-friendly areas, as well as on public transport, in major cities.
- Strikes in the transport sector are common and can disrupt travel. Keep abreast of planned industrial action and plan your itineraries accordingly.
- There is a credible threat of terrorism in Italy from a wide variety of actors. Exercise vigilance at notable targets, including migrant centres, religious sites, transport hubs and tourist attractions. Carry out a profile- and industry-specific risk assessment as required.
- Security alerts or hoaxes can trigger the short-notice evacuation of transport hubs or public locations, which can cause disruption. Follow all directives issued by the authorities during any security operation and do not act on the basis of unverified information.
- Italy lies in a seismic zone, and the south is regularly affected by wildfires. Familiarise yourself with natural disaster-response procedures, particularly for wildfires and earthquakes, and follow all directives issued by the authorities. See our Mitigating natural hazards section for additional advice.

Active Alerts (5)

● Notice | Category

Urban centres: Plan journeys on 18 October accounting for disruption during protests against US president

15 October 2025 at 03:39

Location : Europe & CIS

Category : Protest/Rally, Road disruption

Plan journeys in urban centres on **18 October** accounting for disruption during protests against the policies of US president Donald Trump. Demonstrations have been organised in several European countries alongside the so-called 'No Kings' rallies in the US. The gatherings are likely to pass off peacefully, though they may cause localised traffic disruption and will be accompanied by heightened security.

Advice :

- Liaise with local contacts for details of any planned protests in your area. Expect associated disruption and plan journeys accordingly.
- If travelling near a gathering, reconfirm the status of routes before setting out and allow additional time for journeys.
- Expect heightened security around the demonstrations and follow all official directives.
- Monitor our alerts for updates.

● Notice | Category

Udine: Expect disruption on 14 October linked to sporting event

12 October 2025 at 15:20

Location : Italy

Category : Protest/Rally, Road disruption

Expect disruption in Udine (Friuli-Venezia Giulia region) on **14 October** linked to an international football (soccer) match between Italy and Israel. The fixture will take place at the city's [Bluenergy Stadium](#) from **20.45** (local time). Beforehand, pro-Palestinian demonstrators will gather from **17.30** at [Piazza della Repubblica](#) before marching to [Piazza Primo Maggio](#). Additional police officers will be deployed nearby, with protests also likely outside the stadium before and after the match. Any related disturbances involving demonstrators, rival supporters and the police would pose incidental risks to bystanders. Follow official directives if travelling in the vicinity of protests.

Advice :

- Expect travel disruption in the city on 14 October. If planning to travel near the Bluenergy Stadium or within the city centre, reconfirm the status of routes before setting out and allow additional time for journeys.
- Expect a heightened police presence and follow all official directives. Leave an area at the first sign of a disturbance.
- Monitor our Italy alerts for updates.

● Notice | Category

Chikungunya in northern regions, avoid mosquito bites

22 August 2025 at 01:18

Location : Italy

Category : Chikungunya

Latest update: Increase in infections. Local transmission of chikungunya is occurring in the Emilia-Romagna and Veneto regions. Chikungunya is a viral disease spread through mosquito bites. Common symptoms include fever and joint pains. Severe illness can occur, particularly in new-born babies, older adults, and people with underlying health issues. There is no specific treatment. Prevention is through avoiding mosquito bites, and vaccination may be recommended for some people (however availability is limited).

Advice :

Prevent mosquito bites:

- Wear clothes that cover most of your body (long sleeves, long pants, socks).
- Use an insect repellent with one of these active ingredients:
 - DEET
 - Picaridin
 - PMD
 - IR3535
- Check that windows are covered with screens or fly-wire.
- Use 'knock-down' insect spray to kill mosquitoes in your room.
- Choose air-conditioned accommodation if possible.

Have a travel health consult. Discuss your personal risk of chikungunya and prevention measures, including vaccination. This is especially important for people at higher risk of severe illness.

● Notice | Category

West Nile virus infections increasing, prevent mosquito bites

15 August 2025 at 20:16

Location : Italy

Category : West Nile Virus

Latest update: Additional infections reported. West Nile virus (WNV) infections are increasing in several regions of Italy. WNV is spread by mosquito bites. Most infections do not cause symptoms. Around one in five cases develop headache and

fever. The illness can be severe, with permanent brain damage. There is no vaccine. Avoid mosquito bites to prevent illness.

Advice :

Prevent mosquito bites:

- Wear clothes that cover most of your body (long sleeves, long pants, socks).
- Use an insect repellent with one of these active ingredients:
 - DEET
 - Picaridin
 - PMD
 - IR3535
- Check that windows are covered with screens or fly-wire.
- Use 'knock-down' insect spray to kill mosquitoes in your room.
- Choose air-conditioned accommodation if possible.

Eliminate mosquito breeding areas in your home:

- Clear any standing water in your outdoor areas. Make sure containers are covered or upside down and can't collect standing water. Don't keep dishes of water under pot plants.
- Clean up and dispose of fallen leaves regularly.
- Clear any stagnant water in air conditioning units and gutters.

● Notice | Category

Expect heightened security, disruption during religious celebrations

22 January 2025 at 11:58

Location : Italy, Vatican City

Category : Police/security operation

Expect heightened security in Italy's capital [Rome](#) and [Vatican City](#) **over the coming months**. Ongoing Roman Catholic celebrations linked to the 2025 Jubilee Year will be held until **6 January 2026**. The authorities expect more than 30m travellers to participate in the celebrations and have deployed around 700 police units to ensure public safety. Security checkpoints have been established along key routes to Vatican City, including on [Via della Conciliazione](#) and [Via Ottaviano](#). Plan journeys accounting for increased security measures and associated disruption around sensitive sites, such as tourist destinations and transport hubs. Allow additional time to complete travel.

Advice :

- Expect heightened security and associated disruption near tourist destinations and major transport hubs throughout Rome and Vatican City. Follow all official directives and carry identification documents to ease passage through any checkpoints.
- Reconfirm the status of routes prior to setting out, especially if travelling to or in the vicinity of security checkpoints or large crowds. Allow additional time for journeys around areas where security deployments are likely.
- Expect an increased demand for accommodation and transport over the coming months.
- Opportunistic crime, such as pickpocketing, remains a threat in crowded areas. Take appropriate security measures.
- Monitor our alerts for updates.

Destination Guide for Italy

Before You Travel

Visa Requirements

IMMIGRATION REQUIREMENTS AND PROCEDURES

British

Passport Required: Yes
Visa Required: No
Return Ticket Required: No

Australian

Passport Required: Yes
Visa Required: No
Return Ticket Required: No

Canadian

Passport Required: Yes
Visa Required: No
Return Ticket Required: No

USA

Passport Required: Yes
Visa Required: No
Return Ticket Required: No

Procedures

Airport procedures are relatively quick and efficient.

Entry/Exit Requirements

Entry/Exit requirements

Italy is a signatory to the Schengen agreement, which removes border controls and allows people to travel and stay within member countries for up to 90 days (within a six-month period) without a visa. A valid return/onward ticket and proof of sufficient funds may be required along with a valid passport. Tourists arriving from a Schengen country and intending to stay for less than three months are required to fill in a declaration of presence form, which can be procured from the local police station, police headquarters or their place of stay, and submit it within eight days of their arrival. A receipt issued in lieu of the form must be retained by foreign nationals and produced when asked for. Nationals of non-Schengen countries must make sure that their passports are stamped when entering the country, which will be considered an equivalent of the declaration of presence form. There is no restriction on the import or export of local and foreign currencies. However, foreign nationals should declare amounts exceeding 10,000 euros or its equivalent in another currency on arrival to avoid difficulties while leaving the country. The regulations stated also apply to San Marino and the Vatican City. In many Italian cities, a nightly tourist tax is charged per person and must be paid directly to your accommodation provider, often in cash. This fee is usually not included in your booking and varies depending on the city and the hotel's star rating. Be sure to ask for a receipt and consult the local tourist office for more information.

Cultural Tips

CULTURAL ISSUES AND ETIQUETTE

General Tips

- Dress conservatively when visiting religious buildings. Many require people to cover their shoulders and knees.
- It is unlawful to take photographs of government buildings and military installations.
- It is illegal to eat and drink on steps and courtyards of churches and public buildings in major cities such as Venice, Florence (Tuscany region) and Rome, and in several smaller cities.
- There are some legal restrictions relevant to LGBTQ+ individuals but these are not enforced or adhered to in the legal system. Societal attitudes towards the LGBTQ+ community are generally tolerant.

Getting There

METHOD OF ARRIVAL

By air

Rome's Leonardo Da Vinci Airport (Fiumicino) ([FCO](#)), Milan's Malpensa Airport ([MXP](#)) and Venice's Marco Polo Airport ([VCE](#)) are the major international airports. Florence, Genoa, Pisa, Naples, Palermo, Turin, Bologna and several smaller cities also have their own international airports. Petty crime can be a problem at all airports; departing travellers are advised to go through customs as quickly as possible. Security levels are acceptable at all airports.

Airlines have variable security standards. You may wish to consult the European Commission's [website](#) for a list of airlines banned within the EU and the US Federal Aviation Administration's [website](#) for a database of aviation accidents and statistics.

By land

People can reach Italy by road from Austria, France, Slovenia and Switzerland. The major international passes are the [Mont Blanc Tunnel](#) that links Chamonix (France) via the A5 motorway to the cities of Turin and Milan, the Great St Bernard Tunnel via the A5 that provides access to Switzerland and the Brenner Pass that connects Modena and the Austrian border via the A22 motorway. Heavy snowfall during winter can disrupt travel across the Alps. Italy reinstated border checks with Slovenia after the Gaza conflict began in October 2023. These checks have been extended until 18 December 2025. Travellers should allow extra time at the Italy-Slovenia land border and be prepared to show a passport or residency card.

By train

Both daytime and overnight international services connect Italy with the main cities and towns in Austria, France and Germany, as well as Eastern Europe. It is advisable to book tickets in advance. For more information on train travel, visit the Eurail website [here](#).

By sea

Several domestic and international passenger ferry services link major Italian ports to Europe. Ticket prices tend to be higher in the summer tourist season (April to October).

Procedures

Airport procedures are relatively quick and efficient.

Getting Around

BY AIR

Internal flights are available between all major cities barring the regions of Molise and Basilicata. National carrier [ITA Airways](#) provides regular domestic flights. However, the airline is frequently hit by strikes, which can significantly affect schedules.

BY ROAD

All regions in Italy are well connected by an excellent network of motorways, which are identified by green-coloured signage. The two major motorways that connect the north and south are the Autostrada del Sole (the A1 motorway, which connects Milan, Bologna, Florence, Rome and Naples) and the Adriatica (the A14 motorway, which links Bologna, Ancona, Pescara, Bari and Taranto). Tolls on the motorway can be paid via credit card; however, payment via 'Viacard' or 'Telepass' speeds up the process. Additionally, an extensive network of arterial roads, indicated by blue-coloured signage, links towns and villages within and between regions. Relatively lower standards in motorways' conditions should be expected in southern regions,

some of which are badly maintained and lack some safety measures, which result in higher number of accidents. The Autostrada A3 is particularly known to be unsafe, notably the segment between Salerno and Reggio Calabria. Traffic drives on the right. Driving in the major cities, particularly in Rome, can be intimidating. Roads are congested, narrow and winding, and accidents are common. The standard speed limit is 31 miles per hour (50kph) in urban areas and 81 miles per hour (130kph) on intercity motorways. Police can fine motorists on the spot for driving offences such as speeding, and random breathalyser tests are used to detect alcohol levels. It is compulsory to carry an emergency warning triangle and a high-visibility vest for use in a breakdown or accident. It is mandatory to use dipped headlights on two-lane motorways, highways and all major roads even during daylight. Fog and poor visibility in northern regions during the winter season (November- March) can make driving conditions hazardous. Between December and March, winter tires are mandatory on most roads (verify the exact dates with local contacts). Mobile phones not equipped with hands-free devices are prohibited. Roadside assistance (telephone number: 803116) on primary roads is excellent, but is more limited on secondary routes. International car hire companies such as [Avis](#), [Europcar](#) and [Hertz](#) are well represented in the country. The legal age for driving is 18 years. Driving licences issued by EU countries are valid in Italy. Other foreign nationals should carry an international driver's permit. Passengers sitting in the front and rear seats need to keep their seatbelts fastened at all times; being caught without seatbelts may result in an on-the-spot fine. Fines involving minor traffic violations are discounted if paid immediately. On motorbikes, it is mandatory to wear a helmet. A special permit (ZTL pass) is required to enter certain traffic-restricted zones of towns and cities throughout Italy. Driving in restricted zones without a ZTL pass is punishable by a fine and drivers in city centres should pay close attention to ZTL signage. Foreign nationals must procure a Civil Liability/Green Card insurance policy in advance in order to drive in Italy.

BY TAXI

Taxis are the best way of travelling around most city centres – they are relatively cheap and quick, though they are susceptible to congestion, especially in Rome. Licensed or authorised taxis (white, with 'taxi' on the roof) are normally ordered through local switchboards (e.g. at a hotel reception) or by calling their toll free numbers. They can also be found at taxi ranks, which are available near major tourist attractions and transport hubs. They are not supposed to stop if hailed in the street. Taxis can be hard to find outside city centres. If travelling to a city's outskirts, ask your host to order a return taxi and do not set off walking in the hope of finding one. Receipts will always be given by licensed taxis. Avoid taxi touts, as they often charge several times the official rate and many are uninsured.

Ensure that drivers switch the meter on – pointing at it will do the trick if you do not speak Italian. Having the meter running should prevent overcharging, though beware the extensive tariff system. Tariffs (which are written in several languages on the back of all taxis) are added to the price at the end of the journey. They are levied for reasons such as carrying luggage and travelling at night, on weekends or to airports. Be careful only to pay the relevant tariffs – taxi drivers may abuse the system to overcharge unsuspecting foreign nationals. Visitors can also overcome the problem by asking their hotel to order a radio taxi and agree a price in advance.

App-based ride-share services such as Uber are also a suitable means of transport for business travellers. The cashless transaction and the ability to see driver and car details prior to departure add layers of security to the ride. People should, however, note that taxi drivers have held demonstrations against these services.

BY TRAIN

Italy's cheap and extensive rail system is an excellent way of travelling between cities. The country boasts a wide range of regional, intercity and high-speed rail services. The state operator [Trenitalia](#) and [Italo](#) are the major service providers. Trains run from Rome's Termini station to most parts of the country, including major urban centres such as Bologna, Florence, Milan and Naples. A relatively poorer and less reliable service should be expected in southern regions of the country.

Most intercity routes require a fast-train supplement and sometimes a booking fee is mandatory for a reserved seat. The main routes are served by fast Eurostar trains, requiring specific tickets and often reservations, which can be bought at designated counters in main stations. Travel from Rome to Milan should be undertaken by Eurostar or by TrenBusiness, a service aimed at business travellers.

Passengers must ensure to lock the door if travelling overnight and should use sleeper train for such journeys. Do not linger at railway stations late at night, when thieves, drug addicts and homeless people tend to congregate nearby. At Termini station, petty crime and taxi touts (who should be avoided) are recurring problems for both foreign and local nationals.

There are English-speaking staff at most major stations, though business travellers might find it easier to buy tickets and reserve seats at travel agencies. Multilingual ticket and reservation machines are situated in major stations and are easy to operate. The authorities can demand a fine if tickets are not validated using machines (often found on the train platform) before boarding.

BY OTHER MEANS

Fairly efficient passenger ferries connect the mainland to many destinations on the two islands of Sardinia and Sicily. Transit to Sicily is fastest between Villa San Giovanni and Messina. Cabins on overnight ferries to Sicily and Sardinia are fairly basic, thus

air travel is a more comfortable option. Smaller islands such as Elba, Capri and Lipari are connected by frequent ferries and hydrofoils. There are also ferries between Naples and Palermo, which are quicker than the road link through Calabria. Several cities, towns, villages and hamlets are well linked by efficient bus and coach services. Travellers can check schedules of these services at local information and tourist board offices. In larger cities, foreign nationals can purchase bus and coach tickets from travel agencies; in smaller towns and villages, tickets can be purchased from the local bars or directly from the driver. Passengers should book tickets in advance if travelling long distances or on overnight services.

Business Women

BUSINESSWOMEN

Women may encounter unwanted displays of attention by men on the streets.

Working Week

WORKING WEEK

- Working week: Monday to Friday
 - Office hours: (north) Mon-Fri 08.30-12.45 and 15.00-19.00; (centre, south) Mon-Fri 08.30-12.45 and 16.30-20.00
 - Banking hours: 08.30-13.30 and 15.00-16.00
-

Language & Money

LANGUAGE

Italian is the official language. Accents and dialects may differ from one region to another. Foreign languages are now widely spoken, particularly in tourist areas and cities, though anyone using a few phrases of Italian will be welcomed. English is frequently used as a common language at international conferences and in business meetings. The Alto Adige area of northern Italy has a bilingual Italian-German speaking population, while the Valle d'Aosta (north-western Italy) is bilingual Italian-French. Minorities in Friuli-Venezia Giulia, usually along the border with Slovenia, speak Slovenian.

MONEY

Italy is a member of the European Economic and Monetary Union (EMU) and uses the euro. Credit cards are widely accepted in main hotels, shops and restaurants. Foreign nationals may be asked to produce identification when making credit card payments. However, many public venues and small establishments may accept cash only. ATMs (Bancomat) are widely available. Business travellers should exercise caution when withdrawing money from ATMs and check if any suspicious devices are attached to the machine or placed over the card slot due to the risk of skimming.

Tipping

TIPPING

Although service charges are generally added to the bill automatically, it is customary to leave a small tip for a meal (or a few coins for a coffee, for example). A tip of around 10-15% is adequate.

Geography & Weather

CLIMATE

Climate overview

- Summers (June-August) are usually very warm (temperatures can top 38°C (100°F)), particularly in the south.
- In winter (November-February), temperatures can go below zero in the Riviera, Sicily and parts of the southern mainland.
- Rain occurs mainly in the autumn and winter months.
- Monitor the website of the [Italian Air Force Meteorological Service](#) for weather updates.

Volcanoes and earthquakes

- Active volcanoes in Italy are Mount Etna, Stromboli and Vulcano (all Sicily region).
- The Campi Flegrei super volcano, located west of Naples, also poses a growing concern about eruptions amid recent low-scale seismic activity in the area.
- Ash clouds from eruptions at Mount Etna occasionally disrupt air travel, including the temporary closure of nearby Catania Fontanarossa International Airport ([CTA](#)).
- Italy is located in an active seismic zone.
- Earthquakes mostly take place in the central and southern regions.
- Monitor the website of the [National Institute of Geophysics and Volcanology](#) for updates on earthquakes and volcanic activity.

Wildfires

- Wildfires pose a risk during the summer months, particularly on Sardinia and Sicily islands.

Flooding and landslides

- Heavy rain, flooding and landslides are common in autumn (September to November) and may disrupt travel and essential services.
- Flooding is a major risk in the northern Emilia-Romagna region and has resulted in fatalities in previous instances.
- Other flood-affected areas include Bologna (Emilia-Romagna region) and Calabria, Liguria, Piedmont, Sicily, Tuscany and Veneto regions.
- Refer to the website of the [civil protection ministry](#) for the latest weather alerts.

Heavy snowfall

- Snowstorms may occur between December and March.
- Heavy snowfall can disrupt travel, especially in the plains around Parma and on the motorway between Bologna and Florence.

Droughts

- Droughts have become a concern in several regions, including Lombardy, Piedmont and Sicily.
- The authorities in Sicily have since February 2024 imposed water rationing measures amid ongoing shortages because of a severe drought.

GEOGRAPHY

Italy shares land borders with France, Switzerland, Austria and Slovenia. The large islands of Sicily and Sardinia, together with a number of smaller islands located in the Mediterranean Sea, are also part of Italy. The terrain is mostly rugged and mountainous, though it has some plains and coastal lowlands. The two main mountain ranges, the Alps and the Apennines, cover a major portion of the landscape, and form the backbone of the mainland. The Po is the principal river, flowing from the Alps and crossing the Lombardy plains to finally meet the Adriatic Sea. The country is administratively divided into 15 regions: Abruzzo, Basilicata, Calabria, Campania, Emilia-Romagna, Lazio, Liguria, Lombardia, Marche, Molise, Piemonte, Puglia, Toscana (Tuscany), Umbria, Veneto (Venetia) and the five autonomous regions of Friuli-Venezia Giulia; Sardegna (Sardinia); Sicilia (Sicily); Trentino-Alto Adige (Trentino-South Tyrol) or Trentino-Suedtiroel (German); Valle d'Aosta (Aosta Valley) or Vallee d'Aoste (French).

International Dialing & Power

DIALLING CODES

Country Code : 39

IDD Prefix (International Direct Dialling) : 00

COMMUNICATIONS

The country boasts an efficient and modern communication system. Both internal and international telephone services are adequate. GSM services are provided by Telecom Italia (TIM), 3 Italy, Wind Telecommunications and Vodafone Italy. Most good hotels provide fax as well as internet facilities. International courier agencies, such as FedEx and DHL, have offices in the country.

Information Security

Italy is one of the largest and most advanced mobile communication markets in Europe and has seen a rise in the number and severity of cyberattacks in recent years. As a result, companies are steadily increasing the resources they allocate to security tools to respond to cyberthreats. However, these threats generally target government and public institutions and do not pose a direct risk to foreign nationals and business travellers.

The majority of malicious cyberactivity in Italy targets healthcare, banking, finance, telecommunications and critical infrastructures. Social engineering techniques are often employed by criminals seeking financial gain. For instance, scammers often try to force the employees of organisations to make money remittances by assuming fake identities as managers of organisations. Social engineering methods are also used to deploy malware on organisations and users' computers.

The cybersecurity authorities are competent. Surveillance and tracking by the security services is a minor concern to business travellers. The Italian legal system is aligned with the most recent legislative developments on cyber-resilience at the EU level.

Advice

- Minimise the number of devices you bring in-country and avoid carrying sensitive data with you.
- Log out of any social media accounts or potentially sensitive apps prior to your arrival in country. Avoid posting on social media when in-country or sharing details of your location with those who do not have a need to know.
- Keep devices on your person as much as possible. If unattended, ensure devices are powered down. If using hotel safes, secure them with a secondary personally-lockable device.
- Ensure anti-virus software is up-to-date prior to travel and conduct a thorough check of all devices post-trip.
- Use a Virtual Private Network (VPN) to protect communications and secure data. Always familiarise yourself with the legal status of any VPN or application in your destination country prior to travel.
- Use the 'forget network' setting upon your return if you connected to any public Wi-Fi networks while travelling.
- Obtain profile-specific advice considering your industry and position in the company.

ELECTRICITY



Calendar

Holidays & Security Dates

2025

01 Nov All Saints Day

07 Dec St Ambrose's Day

Milan only.

08 Dec Immaculate Conception Day

26 Dec St Stephens Day

In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is observed on the following Monday or Tuesday respectively.

2026

01 Jan New Year's Day

In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.

25 Apr Liberation Day

The national holiday commemorates Italy's liberation at the end of the Second World War.

02 Jun Republic Day

The holiday commemorates the country becoming a republic in 1946.

29 Jun Feast day of St Peter, St Paul

Shops and offices may close early this eve. The day honours the local patron saints.

15 Aug Assumption Day

Destination Guide for Italy

Medical Overview

Medical Care

Excellent

Standard of Health Care

Medical facilities in major Italian cities provide quality healthcare and are equipped to handle most medical cases and emergencies. For routine and elective medical care, private hospitals are generally recommended. However, all emergency care is exclusively available at public hospitals, which are the only facilities with emergency rooms. Public hospitals typically have very few, if any, English-speaking staff, and the availability of English speakers in private facilities is also limited.

Medical Contact

Emergency Numbers, hospital and clinic contact information

EMERGENCY NUMBERS

Ambulance : 112

Fire service : 112

Police : 112

Hospitals & Clinics

Humanitas Research Hospital IRCCS

Via Manzoni 56 Rozzano
39 0282241, 39 0282247042, 39 0282248224
patients@humanitas.it, info@humanitas.it

Ospedale San Raffaele

Via Olgettina 60
39 0226431
convenzioni.autorizzazioni@hsr.it

Policlinico Universitario 'A.Gemelli '

Largo Agostino Gemelli 8
39 0630151
urp@policlinicogemelli.it

Ospedale Civile di Venezia

Ospedale SS. Giovanni e Paolo Sestiere Castello, 6777
39 0415294111
OCVE.accettazione@aulss3.veneto.it

Vaccinations

Routine only

Hepatitis A

Many travel health professionals recommend hepatitis A vaccination for all travellers regardless of destination, especially those who are at higher risk (see [US CDC](#)), such as gay, bisexual, and other men who have sex with men, people who use illicit drugs or those with liver disease.

Hepatitis A is a viral disease that causes liver inflammation. The virus is present in the faeces of an infected person. It spreads through contaminated food and water and is common in areas with poor sanitation. Person-to-person spread also occurs, when the virus is inadvertently transferred into the mouth, including during sexual activity. People at higher risk of infection include men who have sex with men, illicit drug users and people with liver disease.

Not everyone gets symptoms. If symptoms do occur, they begin two to four weeks or more after infection and can last for weeks or months. Symptoms include fever, fatigue, loss of appetite, diarrhoea, nausea/vomiting, abdominal pain/discomfort, jaundice (yellow colour of the skin and eyes), dark urine, clay-coloured stool, joint pain and itching. Many infected people suffer only a mild illness. Most cases recover fully after four or more weeks. However, for some, the disease can be severe, and occasionally is fatal. There is no specific treatment and cases are managed through supportive therapy. Prevention is through vaccination, attention to hygiene, and access to safe food and water.

[Watch the Hepatitis Video Podcast](#) (Vimeo)

[View Viral Hepatitis Infographic Poster](#) (PDF)

The Disease

Hepatitis is a general term that means inflammation of the liver. Medications, poisons, alcohol and infections can all cause hepatitis.

Hepatitis A is inflammation of the liver caused by a virus. The virus is highly contagious. People are mostly infected through eating or drinking contaminated food or water, or through direct contact with an infected person. Usually people make a full recovery, however occasionally the disease can be severe or fatal. There is an effective vaccine available.

Transmission

The illness is transmitted via the "faecal-oral route". The virus is present in the stool of an infected person. Others are infected when they consume food / drink contaminated with the virus. This is more common in areas with poor sanitation systems and limited access to clean water.

It is also possible to get the disease via direct contact with an infected person's faecal matter, for example through incompletely washed hands, sexual contact or through shared illicit drugs.

Symptoms

Not everyone gets symptoms. Most childhood infections will be asymptomatic or mild. Most adults will develop symptoms, and severity increases with age.

If symptoms do occur, they begin two to four or more weeks after infection and can last for weeks or months. They include any or all of the following:

- fever
- fatigue
- loss of appetite
- diarrhoea
- nausea/vomiting
- abdominal pain/discomfort
- jaundice (yellowing of the skin and eyes)
- dark urine, clay-coloured stool
- joint pain
- itching

Most people make a full recovery. About 10 to 15% of symptomatic persons with hepatitis A may experience relapse or prolonged illness up to six months. Sometimes the disease is severe and can be fatal (less than 1% of all cases), particularly in older people, and those with other underlying liver disease (such as infection with hepatitis B or C). It is thought to be due to the immune mechanisms rather than infection levels.

Diagnosis

Blood tests are required to confirm the diagnosis.

Treatment

There is no specific medication to treat hepatitis A. Medications to relieve symptoms should only be used under medical advice as they may contribute to damage of the liver.

Prevention

Prevention is through **hygiene**, careful selection of **food and water**, and **vaccination**.

Good hygiene, and choosing safe food and water are important, especially in areas where hepatitis A is common:

- Maintain a high level of personal hygiene, including during sexual activity.
- Do not drink tap water. Choose boiled or bottled water from reputable sources, water that has been treated with chlorine or iodine, or carbonated beverages.
- Avoid ice, as it may have been made with unsafe water.
- Ask locally which restaurants and hotels serve safe food.
- Select food that has been thoroughly cooked while fresh and served very hot.
- Do not eat raw shellfish.

Vaccination is effective, widely available and generally recommended for any traveller who has not already had the vaccine (or the disease). Two doses, given six months apart, are required for lifelong immunity. All travellers should consider it, particularly:

- If travelling to areas with high rates of hepatitis A.
- When living conditions are crowded or have poor sanitation.
- Men who have sex with men.
- Illicit drug users.
- People with liver disease.

Postexposure prophylaxis: After exposure, people who are not immune may be recommended Hepatitis A vaccination or immune globulin (antibodies) as soon as possible (within two weeks) to prevent infection.

Risk to travellers

Hepatitis A is common in areas with limited access to sanitation. People who live with an infected person, men who have sex with men, illicit drug users and people with liver disease are at higher risk in any area.

US Centers for Disease Control and Prevention (CDC) [Hepatitis A Information](#)

European Centre for Disease Prevention and Control (ECDC) [Factsheet about hepatitis A](#)

Hepatitis B

Recommended for health care workers and anyone who may have a new sexual partner, share needles or get a tattoo or body piercing.

Many travel health professionals recommend hepatitis B vaccination for all travellers and international assignees, regardless of destination.

The Disease

The hepatitis B virus, like HIV, is transmitted through contact with blood, blood products or body fluids. Modes of transmission include:

- Unprotected sexual intercourse
- Infected blood transfusions
- Needle sharing by IV drug users
- Use of unsterilized needles, syringes or equipment
- From mother to child during childbirth

Symptoms develop between 45 and 160 days after infection when the virus invades the liver causing fever, abdominal pain, nausea and loss of appetite. Jaundice (yellowing of the skin and eyes) is a common feature and the urine may become dark. There is no specific treatment and recovery usually takes about four weeks. Many individuals may have no symptoms but can still be infectious to others.

Approximately 1 in 10 of those infected do not recover fully and suffer ongoing liver damage called chronic hepatitis B - this can eventually cause liver cirrhosis and/or cancer. The very young and the elderly are more likely to develop a chronic infection.

Vaccination

In many countries, hepatitis B is included in the routine childhood immunizations and need not be repeated. For unvaccinated travelers:

Routine schedule

- Individual hepatitis B vaccination requires a series of three injections given on days zero, 30 and after 6-12 months.
- A combined vaccine for hepatitis A and B is available in many countries. It also requires a series of three injections given on days zero, 30 and after six months.

Accelerated schedule

Can be used for travelers who will depart before the first two doses of the routine schedule can be given:

- Use an *individual* hepatitis B vaccine
- Doses on days 0, 7 and 21
- Fourth dose required after 6 months

Accelerated combined hepatitis A and B vaccine

- Doses on days 0, 7 and 21
- Fourth dose of hepatitis B alone or the combined vaccine required after 12 months

[Watch the Hepatitis Video Podcast](#) (Vimeo)

[View Viral Hepatitis Infographic Poster](#) (PDF)

The Disease

Hepatitis B is a viral disease affecting the liver. It is transmitted through contact with blood, blood products or body fluids of an infected person. It can cause a mild illness but occasionally can develop into a chronic illness.

Transmission

The hepatitis B virus, like HIV, is transmitted through contact with blood, blood products or body fluids (e.g. semen, saliva) on broken skin. Modes of transmission include:

- Unprotected sexual intercourse with an infected partner
- Infected blood transfusions
- Needle sharing by IV drug users
- Use of unsterilized needles, syringes or equipment
- From mother to child during childbirth
- Contact with wounds of an infected person

The virus remains viable outside the body on any surface for about seven days and can lead to infection. Blood spills including dried blood can be infectious.

Symptoms

Symptoms develop between 30 and 180 days after exposure to infection. Hepatitis B can either be acute (short term illness) or chronic (long term illness). Most people will not develop symptoms during the acute phase. Others experience fever, pain in muscles and joints, abdominal, nausea and loss of appetite. Jaundice (yellowing of the skin and eyes) is a common feature and the urine may become dark. Recovery may take several weeks.

Risk of chronic illness is related to age. Babies who get infected from their mothers or those that get infected before five years of age are very likely to develop chronic infection. Less than 5% of adults and about 90% of children may develop chronic infection. In chronic illness, virus continues to remain in the body although people do not have symptoms. Many individuals may appear healthy but can spread the infection to others. Life threatening conditions such as liver cirrhosis and/or cancer may develop.

Diagnosis

The disease can be confirmed by blood tests.

Treatment

There is no specific cure for the disease. Treatment is mainly supportive, consisting of rest, adequate nutrition and medications to reduce discomfort.

Prevention

Avoid direct contact with body fluids.

Vaccine: This can prevent the illness and its serious outcomes such as cirrhosis and cancer. In many countries, hepatitis B vaccination is included in the routine childhood immunizations.

Risk to Travellers

Most travellers are at low risk unless they have contact with the infected blood or body fluids.

[CDC Hepatitis B information](#)

Measles

- Recommended for all travellers and international assignees.
- All travellers should be up to date with their measles vaccination (schedule differs by country). Vaccination for adults is available as MMR (measles, mumps and rubella), two doses given at least four weeks apart are required.

Some individuals [cannot be vaccinated](#) due to certain health conditions.

Measles is a highly contagious viral disease that can have serious complications.

Transmission

Measles spreads very easily when an infected person talks, coughs, or sneezes, releasing droplets into the air. If a healthy person breathes in these droplets, they can get sick. The virus can stay in the air and infect people for up to 2 hours after the infected person has left. It can also land on objects and surfaces, where it can live for several hours. If you touch these surfaces and then touch your face, you can get infected.

A person with measles is infectious from four days before the appearance of the rash until four days after it has appeared. After being exposed to the virus, approximately 90% of people who are not immune will become infected.

Symptoms

Measles symptoms usually start 7-14 days after being exposed to the virus. Early signs include a high fever, cough, runny nose, and red, watery eyes. Small white spots, known as Koplik's spots, may appear inside the mouth. A few days later, a red, blotchy rash starts on the face and spreads to the rest of the body.

Measles can lead to serious complications, especially in young children, adults over 20, pregnant women, and people with weakened immune systems. Common complications include ear infections and diarrhea. More severe complications can be pneumonia, which is a lung infection, and encephalitis, which is swelling of the brain. These severe complications can sometimes be fatal.

Pregnant women who contract measles have an increased chance of miscarriage and pre-term delivery. Their babies may also experience low birth weights and birth defects.

Diagnosis

This illness is usually diagnosed clinically. If necessary, a lab test can confirm measles.

Treatment

There is no particular treatment for measles. Symptoms can be managed with over-the-counter preparations, good nutrition and adequate fluid intake. Antibiotics are required if there are bacterial complications (such as pneumonia, ear infection). Sick people should be isolated from non-immune people, and should not go out in public until at least four days after their rash appears.

Prevention

Measles can be effectively prevented by vaccination, which many countries routinely administer during childhood. The MMR (measles, mumps, and rubella) vaccine is highly effective and safe, providing lifelong immunity for most people after two doses. Vaccination not only protects individuals but also helps prevent the spread of the virus within communities.

People who are not immune and are at higher risk for complications (such as pregnant women, unvaccinated infants and people with weakened immune systems) may be given a dose of antibodies if exposed to the virus.

In addition to vaccination, good hygiene practices, such as regular handwashing and avoiding close contact with infected individuals, can help reduce the risk of transmission.

Risk to Travellers

Measles occurs throughout the world. Outbreaks are common in areas where there is low vaccination coverage. Measles is highly contagious and can spread quickly in places where people gather, such as airports and tourist destinations. Anyone who has not been immunised, or has not previously had measles, is at risk of infection.

- International SOS article on [measles, mumps and rubella vaccination](#)
- [CDC Measles Information](#)
- See routine childhood vaccination schedules: [Australia](#), [Canada](#), [Europe](#), [USA](#), [UK](#)

Tickborne encephalitis

Recommended for:

- people who will spend time in forested or grassy areas during tick season (particularly those who will hike, camp, perform fieldwork, etc.);
- people residing in this country for longer periods (i.e., six months or more).

Tickborne encephalitis (TBE) is a viral infection which is mostly transmitted to people through tick bites. Ticks live in or near forests and are usually active during warmer months. TBE infection can also be acquired by consuming unpasteurized dairy products from infected cows, goats or sheep.

Most people will not have any symptoms. For those who do, initial symptoms include fever, headache, muscle aches, nausea, and fatigue. These may resolve in a week or so, but if the infection spreads to the brain, the symptoms may become more severe (decreased mental state, severe headaches, convulsions, weakness and/or coma). TBE can be fatal.

Prevention is through avoiding tick bites and vaccination.

The Disease

Tickborne encephalitis (TBE) is a viral infection which is mostly transmitted to people through tick bites. It occurs in many areas of Europe and Asia.

Transmission

These viruses are mainly transmitted to humans by the bite of an infected tick. Ticks are usually found in forests, long grass and hedges and are more active between early spring and late autumn. Often, the bite goes unnoticed. Infection can also be acquired by consuming unpasteurized dairy products from infected cows, goats or sheep.

Symptoms

Many people have no symptoms. If symptoms do develop, they first start about 7 to 14 days after the tick bite. Initially there may be fever, headache, muscle aches, nausea and fatigue. These symptoms usually resolve in a week or so, but up to one third of people go on to a second phase of illness with inflammation of the brain and spinal cord. Symptoms then include severe headaches, decreased mental state, convulsions, and muscle paralysis. Recovery takes months and there may be long-term brain and nervous system damage. TBE can be fatal.

Diagnosis

The disease can only be diagnosed through laboratory tests.

Treatment

There is no specific medication to treat TBE. Patients are managed with supportive treatment.

Prevention

Avoid tick bites:

- Wear long pants with tight cuffs, and tuck pant legs into socks.
- Use insect repellent containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Consider soaking or spraying clothes with the insecticide permethrin. (Do not apply permethrin directly to the skin.)
- Look for ticks on the body and clothing, and remove them promptly.

Do not consume unpasteurised dairy products.

Vaccine

A vaccine is available in many countries. It is recommended for people visiting endemic countries during the warmer months (early spring to late autumn) and participating in outdoor activities. In countries where the disease is endemic, the TBE vaccine is often included in routine immunisation schedules.

Risk to Travellers

Travellers at increased risk of exposure are those going to endemic countries and whose itineraries include outdoor recreational activities (e.g., camping, hiking) or working in forested areas (e.g., farming, field research) between early spring and late autumn.

References

[CDC Tickborne encephalitis information](#)

[European Centre for Disease Prevention and Control Tickborne encephalitis factsheet](#)

[UK TravelHealthPro Tick-borne encephalitis factsheet](#)

Routine Vaccinations**COVID-19**

All travelers should ensure they are up to date with COVID-19 vaccinations. Recommendations vary between countries.

Influenza

Annual vaccination is recommended. Vaccination is especially important for people at higher risk of severe disease, including:

- Young children
- Pregnant individuals
- People 65 years and older
- People with underlying health conditions

Measles-Mumps-Rubella

Vaccinations against measles, mumps, and rubella are routine in childhood, and are usually available as a combined vaccine "MMR".

Everyone should be immune to these diseases before travel.

There are outbreaks of measles in many locations.

If you are unsure of your immunity, consult your doctor well in advance of travel.

See routine childhood vaccination schedules: [Australia](#), [Canada](#), [Europe](#), [USA](#), [UK](#)

Polio

Vaccination against polio is routine in childhood in many countries. See routine childhood vaccination schedules: [Australia](#), [Canada](#), [Europe](#), [USA](#), [UK](#)

All adults should ensure they are immune to the disease before they travel abroad. If unsure of your immunity, consult your health professional. You may need a *primary vaccination* or a *booster*. Booster recommendations vary by country.

Tetanus-Diphtheria-Pertussis

Vaccinations against tetanus, diphtheria and pertussis are routine in childhood.

See routine childhood vaccination schedules: [Australia](#), [Canada](#), [Europe](#), [USA](#), [UK](#)

All adults should ensure they are immune to these diseases before they travel abroad. If unsure of your immunity, consult your health professional. You may need a *primary vaccination* or *booster*. Booster recommendations vary by country.

Varicella

Varicella (chickenpox) vaccinations are included in the routine childhood immunization schedule of some countries. See routine childhood vaccination schedules: [Australia](#), [Canada](#), [Europe](#), [USA](#), [UK](#)

All adults should ensure they are immune to varicella before they travel abroad. If unsure of your immunity, consult your health professional.

Health Threats

Known health threats for this country

Chikungunya

Chikungunya is a viral disease transmitted through mosquito bites, not from person to person. Common symptoms include fever, joint pains and swelling, rash, muscle pain, nausea, headache, conjunctivitis ("pink eye"), and fatigue. Symptoms usually resolve within ten days, however, in some cases joint pain and fatigue may persist for months or years. Rarely the brain, eyes, heart, and kidneys can be affected and fatalities have been reported. People at higher risk for severe illness include newborns infected at the time of birth, the elderly and people with underlying health conditions. There is no specific medication to treat the disease. Symptoms are managed with rest and pain relief medications. Aspirin and non-steroidal anti-inflammatory medication (such as ibuprofen) should be avoided until dengue fever has been ruled out, and only used under medical supervision. Prevention is through preventing mosquito bites. Vaccines against chikungunya are available in several countries.

Dengue fever

Dengue, or "break-bone" fever, is a viral disease of the tropics and sub-tropics. It is transmitted by the *Aedes aegypti* and *Aedes albopictus* mosquitoes that bite during the daytime and are found in and around human habitation. Transmission from mother to child is possible during pregnancy or birth. Symptoms include high fever, severe headaches, joint and muscle pain, nausea and vomiting. A rash often follows. The acute illness can last up to ten days, but complete recovery can take two to four weeks.

Occasionally, a potentially fatal form of dengue called severe dengue (previously known as dengue hemorrhagic fever or DHF) occurs. Severe dengue is more likely in infants and those who are pregnant, as well as for people who have been infected in the past and are infected again with a different strain of dengue. When a pregnant person is infected there is a risk of pre-term birth, low birth weight and foetal distress. About 2 to 3 out of 100 severe dengue cases are likely to be fatal.

Prevention is through avoiding mosquito bites. Dengue vaccine is available in some countries. Authorities have different eligibility and recommendation for use.

Leishmaniasis

Leishmaniasis is a disease caused by a parasite that can infect humans, dogs, rodents and other small animals. It is transmitted by sandflies that bite mainly between dusk and dawn and can occur in both rural and urban environments. Sandflies breed quickly in unsanitary conditions, and the spread of the disease is exacerbated by war, chronic food shortages and urbanisation activities like deforestation and building of dams and irrigation systems, changes in temperature, heavy rainfall and population movement. The disease can manifest in one of the three forms, cutaneous (is the most common form and causes skin ulcers), mucocutaneous (is a rare form which affects the inner parts of the nose and mouth) or visceral (which is the more severe form and can lead to death). There is no vaccine or drug to prevent leishmaniasis.

Prevention

The only way to avoid leishmaniasis is to prevent sandfly bites.

- Minimise outdoor activities from dusk to dawn- this is when sand flies are most active.
- Use protective clothing and insect repellent.
- Consider using an insecticide-treated bed net with *fine mesh* if there are sandflies in your living quarters. The standard bed nets used to prevent malaria are not effective, as sandflies are about one-third the size of mosquitoes and can fly through the malaria nets.
- Note that sandflies are small and do not make noise while flying. This makes it difficult to determine whether they are in your environment. Their bites cause mild symptoms and might not be noticed.

Lyme disease

Lyme disease occurs in North America, Europe and Asia. It is transmitted to humans by the bite of a particular species of tick. Lyme disease can cause an expanding rash at the site of the bite, fever, arthritis and nerve problems such as facial palsy.

To prevent tick bites:

- Avoid tick habitats
- Use insect repellents
- Check daily for ticks

Lyme disease vaccination is no longer available.

If you develop a rash at the site of a tick bite or other symptoms of Lyme disease, seek medical attention. A course of antibiotics can cure Lyme disease.

Tickborne encephalitis

Tickborne encephalitis (TBE) is a viral infection which is mostly transmitted to people through tick bites. Ticks live in or near forests and are usually active during warmer months. TBE infection can also be acquired by consuming unpasteurized dairy products from infected cows, goats or sheep.

Most people will not have any symptoms. For those who do, initial symptoms include fever, headache, muscle aches, nausea, and fatigue. These may resolve in a week or so, but if the infection spreads to the brain, the symptoms may become more severe (decreased mental state, severe headaches, convulsions, weakness and/or coma). TBE can be fatal.

Prevention is through avoiding tick bites and vaccination.

West Nile Virus

Primarily a disease of birds, West Nile virus (WNV) can infect humans. The most common route for a human infection is via mosquitoes. The mosquito feeds on an infected bird or other animal, then bites a human and introduces the virus into their body.

Most people who get WNV develop no symptoms. Of the 20 percent who do get ill, most develop mild symptoms 3-14 days after being bitten: fever, head and body ache, nausea and vomiting. Sometimes the lymph nodes swell or a rash appears on the trunk.

In fewer than one percent of all human cases, the person develops a serious, possibly fatal, infection. Symptoms may include high fever, headache, stiff neck, disorientation, muscle weakness, tremors and paralysis. The brain and membranes surrounding the brain and spinal cord may get inflamed, which can cause coma and death. Patients who recover from a serious WNV infection may suffer permanent brain damage.

There is no specific treatment for the disease, or vaccine to protect against it. To avoid infection, prevent mosquito bites in areas where the virus circulates. Wear long sleeves and long pants, and use insect repellents.

Altitude

Altitude illness is a potentially fatal condition that can affect people who normally live at a low altitude and travel to higher altitudes. It can occur from elevations of 1,500 meters onwards but is more common at elevations above 2,500 meters (8,000 feet).

People most at risk are those who have experienced altitude illness before, people who have heart or lung problems and people under the age of 50. There are three different types of altitude illness: Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). AMS is the most common and mild form of altitude illness. HACE and HAPE are more severe. HACE is a medical emergency and if not treated and managed quickly, can result in coma and death. Management of altitude illnesses involves immediate descent and oxygen treatment. Most people who are affected, even those who develop HACE or HAPE, recover completely if moved to a lower elevation. There are medicines that can be administered by trained medical professionals.

Anyone travelling to high altitudes, especially higher than 2,500 meters, should be aware of and recognise the symptoms of altitude illness. See your travel health professional before departure, for individual advice on preventive measures, especially if you have ever suffered altitude sickness in the past, or if you have an underlying medical condition.

Volcano

There are several types of volcanic eruptions and some pose a major threat to health. One such eruption is volcanic ash fall. Ash is made of fine particles of rock and minerals and is gritty and abrasive. It can carry for many kilometres through the air. Approaching ash clouds resemble ordinary weather clouds, and are sometimes accompanied by lightning or thunder. They bring a sulfur smell into the air.

When the ash finally falls, it settles in a dust-like covering. The "dust", however, is hard and abrasive. It does not dissolve in water, and it conducts electricity. It becomes more conductive when wet. Heavy ash falls can cause roofs to collapse and can lead to high levels of respirable ash in the air people breathe.

Most commonly, people get a runny nose and sore throat, sometimes with a dry cough. Because the ash is gritty, it can cause skin and eye irritation. People should minimize exposure to ash, those with chronic bronchitis, emphysema, asthma and other respiratory conditions should be especially vigilant since their symptoms can worsen.

HIV, Hepatitis B and C, and STIs

HIV/AIDS, hepatitis B, and hepatitis C are spread by contact with bodily fluids (especially blood and semen).

- unprotected sex,
- needle sharing during IV drug use, or
- unsafe blood or medical/dental instruments.

Genital herpes (HSV), genital warts (HPV), gonorrhoea, chlamydia, syphilis and most other sexually transmitted diseases are spread by genital contact.

Prevention:

- In many countries, hepatitis B is now a routine childhood immunisation and need not be repeated. All non-immune travellers should consider vaccination.
- Always use new condoms (preferably brought from your home country).
- IV drug users should not share needles.
- Avoid having tattoos or piercings done.
- In healthcare settings, make sure that needles and syringes are sterile and not shared between patients.
- Call International SOS or your corporate medical department if you are hospitalised.
- Be aware of your risk when assisting anyone with an injury. Protect yourself from contact with bodily fluids.
- Seek medical attention within 24 hours if you accidentally come into contact with someone else's bodily fluids.

Hepatitis A

Hepatitis A is a viral disease that causes liver inflammation. The virus is present in the faeces of an infected person. It spreads through contaminated food and water and is common in areas with poor sanitation. Person-to-person spread also occurs, when the virus is inadvertently transferred into the mouth, including during sexual activity. People at higher risk of infection include men who have sex with men, illicit drug users and people with liver disease.

Not everyone gets symptoms. If symptoms do occur, they begin two to four weeks or more after infection and can last for weeks or months. Symptoms include fever, fatigue, loss of appetite, diarrhoea, nausea/vomiting, abdominal pain/discomfort, jaundice (yellow colour of the skin and eyes), dark urine, clay-coloured stool, joint pain and itching. Many infected people suffer only a mild illness. Most cases recover fully after four or more weeks. However, for some, the disease can be severe, and occasionally is fatal. There is no specific treatment and cases are managed through supportive therapy.

Prevention is through vaccination, attention to hygiene, and access to safe food and water.

Hepatitis B

The Disease

The hepatitis B virus, like HIV, is transmitted through contact with blood, blood products or body fluids. Modes of transmission include:

- Unprotected sexual intercourse
- Infected blood transfusions
- Needle sharing by IV drug users
- Use of unsterilized needles, syringes or equipment
- From mother to child during childbirth

Symptoms develop between 45 and 160 days after infection when the virus invades the liver causing fever, abdominal pain, nausea and loss of appetite. Jaundice (yellowing of the skin and eyes) is a common feature and the urine may become dark. There is no specific treatment and recovery usually takes about four weeks. Many individuals may have no symptoms but can still be infectious to others.

Approximately 1 in 10 of those infected do not recover fully and suffer ongoing liver damage called chronic hepatitis B - this can eventually cause liver cirrhosis and/or cancer. The very young and the elderly are more likely to develop a chronic infection.

Vaccination

In many countries, hepatitis B is included in the routine childhood immunizations and need not be repeated. For unvaccinated travelers:

Routine schedule

- Individual hepatitis B vaccination requires a series of three injections given on days zero, 30 and after 6-12 months.
- A combined vaccine for hepatitis A and B is available in many countries. It also requires a series of three injections given on days zero, 30 and after six months.

Accelerated schedule

Can be used for travelers who will depart before the first two doses of the routine schedule can be given:

- Use an *individual* hepatitis B vaccine
- Doses on days 0, 7 and 21
- Fourth dose required after 6 months

Accelerated combined hepatitis A and B vaccine

- Doses on days 0, 7 and 21
- Fourth dose of hepatitis B alone or the combined vaccine required after 12 months

Measles

Food & Water

Generally safe

Food Risk

Food is safe.

Water and Beverages

Tap water is safe to drink.

Rabies

None

Rabies

Rabies is present in bats only and the risk of exposure for an average traveller is low.

Destination Guide for Italy

Security Overview

Personal Security

STANDING TRAVEL ADVICE

- Travel to Italy can continue with standard security precautions.
- Take sensible precautions against petty and street crime, particularly in crowded and tourist-friendly areas, as well as on public transport, in major cities.
- Strikes in the transport sector are common and can disrupt travel. Keep abreast of planned industrial action and plan your itineraries accordingly.
- There is a credible threat of terrorism in Italy from a wide variety of actors. Exercise vigilance at notable targets, including migrant centres, religious sites, transport hubs and tourist attractions. Carry out a profile- and industry-specific risk assessment as required.
- Security alerts or hoaxes can trigger the short-notice evacuation of transport hubs or public locations, which can cause disruption. Follow all directives issued by the authorities during any security operation and do not act on the basis of unverified information.
- Italy lies in a seismic zone, and the south is regularly affected by wildfires. Familiarise yourself with natural disaster-response procedures, particularly for wildfires and earthquakes, and follow all directives issued by the authorities. See our Mitigating natural hazards section for additional advice.

Crime

Limited to hot spots

CRIME

Petty crime poses a major risk to foreign nationals in Italy, especially in urban centres. Pickpocketing and bag-snatching are mostly common in major tourist spots (museums, monuments and commercial streets), transport hubs and crowded areas. Displays of wealth are discouraged to avoid attracting the attention of thieves, especially when travelling alone. Particular attention should also be paid to scams, including tactics to distract unsuspecting people.

Italy has a high rate of vehicle theft. Criminals are known to break car windows to steal valuables inside or the vehicle itself (for resale outside Italy). People should lock their vehicles at all times and install anti-theft devices to minimise the risk of theft. Avoid leaving valuables inside your car.

Due to a lack of employment opportunities and exploitation by organised criminal groups, petty and street crime, including drug trafficking, is perceived to be common among migrants in the country. This has resulted in anti-immigrant sentiments spreading among some sections of Italian society, which can occasionally trigger racially motivated violence against people of African, Central Asian or Middle Eastern descent.

Numerous organised criminal organisations are based in Italy. The most powerful and internationally connected one, the Ndrangheta, is based in Calabria. Other powerful criminal organisations include the Camorra, based in Naples region, the Mafia (or Cosa Nostra) has its roots in Sicily (but is well connected internationally), and the Sacra Corona Unita is based in Apulia region.

Terrorism

Minimal risk to foreigners

TERRORISM

Islamist terrorism

There is a credible risk of Islamist militant attacks, though the likelihood is less than in other EU countries. Italy has not suffered lethal Islamist attacks. The authorities have carried out counter-terrorism operations in recent years that have succeeded in disrupting extremist cells and have resulted in arrests, primarily of foreign nationals. Italy has also expelled several suspected Islamist militants. The military and the police maintain a visible presence at key locations (outside and inside transport hubs, government buildings and tourist attractions). They also patrol the streets of central areas in main cities.

Far-right terrorism

In October 2022, the Italian police arrested a suspected member of a neo-Nazi paramilitary network, The Base. The suspect allegedly spread extremist content online and sent death threats to an Italian senator. Additionally, the Italian anti-terror police unit raided a cell of a militant neo-Nazi group, The Order of Hagal, in November 2022. High numbers of migrants from Africa, Central Asia and the Middle East have resulted in an increase in racist attacks.

Kidnapping

KIDNAPPING

High-profile kidnaps are uncommon since the implementation of a controversial law designed to discourage kidnaps by freezing the assets of victims' families so that they are unable to pay ransoms.

Occasional kidnaps are short-term and largely perpetuated by criminal gangs seeking to collect debts. These tend to target small businesses and usually end in 24 hours without police intervention. Foreign nationals are rarely targeted.

Social Unrest

SOCIAL UNREST

Protests and strikes are common in the country and they can prove to be disruptive. Unions wield considerable influence and can mobilise large crowds of protesters, as well as launch well-attended strikes, notably in the transport sector. Industrial action by public transport and airline workers, though generally undertaken with ample forewarning, can cause significant travel delays and disrupt itineraries. Heightened demand for alternative modes of transport can be expected during such industrial actions.

Demonstrations are well policed and pass off peacefully in most instances, though some can descend into clashes between participants and the police or vandalism. Protests by students and ultra-leftist groups are most likely to trigger such disturbances, as they tend to attract anarchist elements, who are not averse to provoking the police. In particular, those organised by the COBAS student union tend to be boisterous.

Protests against austerity measures or other socio-economic and global issues are liable to take place. Flashpoint locations include government buildings or assets linked to financial institutions, such as banks or stock exchanges. Environmental issues can also prompt demonstrations. Anti-mass tourism protests have also gained momentum, citing concerns over rising living costs, loss of affordable housing and overcrowded city centres.

Migration policies have been the focus of several nationwide protests. In the south of the country, immigrants have previously staged protests, some of which have descended into unrest, though these disturbances were short-lived. There have been large public demonstrations in Rome and other cities by immigrants and anti-racist groups, protesting against an apparent rise in xenophobia. Protests by far-right and anti-immigration groups tend to be well attended. Allegations of immigrant involvement in crimes have resulted in public demonstrations by far-right political groups.